

## **GROUND SOYS A LA CASSEROLE**

3 cups ground cooked soybeans  
1 cup diced celery  
1 cup sliced onions  
1/2 cup whole-wheat or soy bread crumbs  
2 tbs. melted butter or oil  
1/2 tsp. salt  
Other seasoning as desired  
2 cups tomato pulp

Mix ground cooked beans, onions, celery, oil, or melted butter, salt, and other seasoning (vegetable broth, meat like flavoring, and so forth), and place in casserole. Pour in tomato pulp, top with crumbs, and bake in slow oven 1 to 1 ½ hours.